

# Cooking with the Club

by our own  
Robert Larios

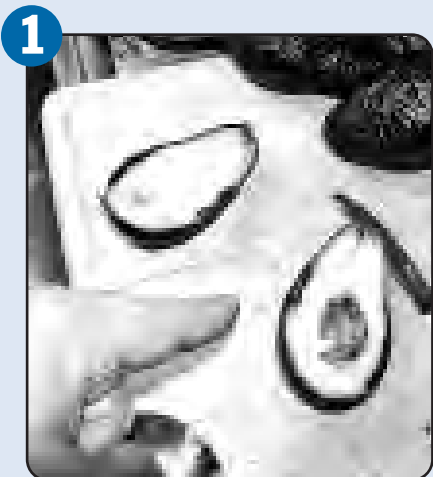


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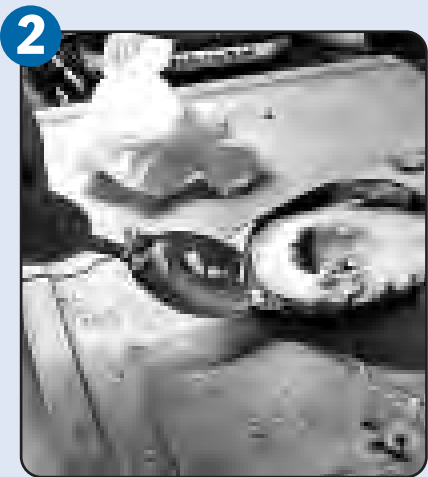
If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at [talkback@cityemployeesclub.com](mailto:talkback@cityemployeesclub.com).

## It's Avocado Season

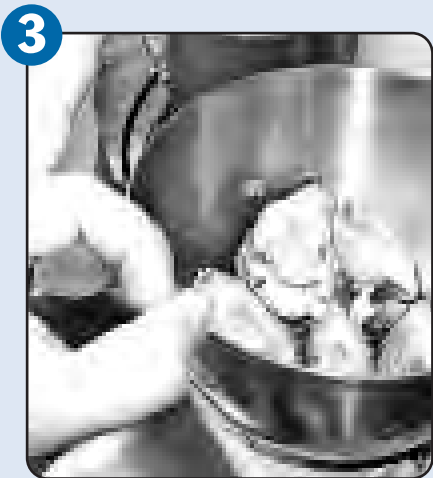
### DIRECTIONS:



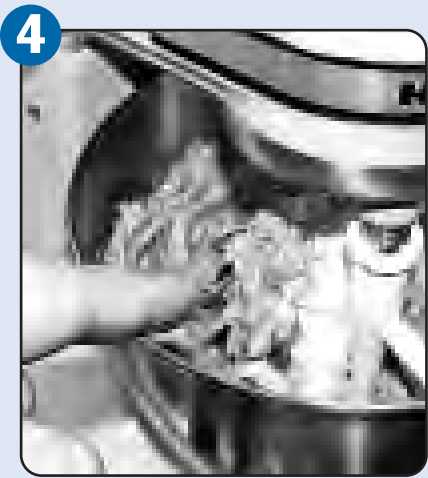
Halve the Hass avocados with a knife.



Remove the seed and use a spoon to carve out the avocado flesh from the skin.



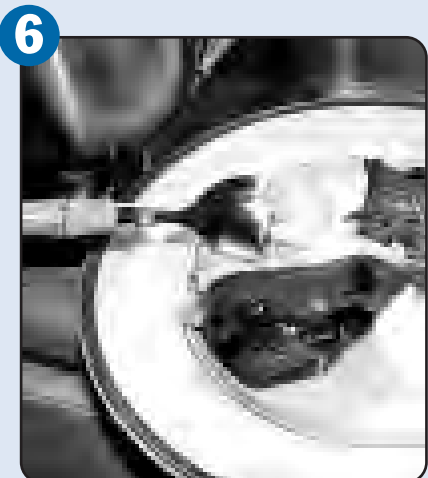
Place the avocado fruit in a mixing bowl.



Add all of your goat cheese into the bowl, along with the salt, pepper, parsley and dill weed and mix in your mixer; mashing and mixing by hand is okay.



Add half a lime or all of it, depending on your tart flavor preference. The lime also serves as a preservative if you have any leftover mixture.



Spoon the avocado and goat cheese mixture into the cavities of the red peppers.

This is the time of year when my Dad's avocado orchards are crammed with Hass and Fuerte avocados hanging from the leafy green branches of the trees. Believe it or not, there are about 1,000 varieties of avocados in the world, but the most widely popular in the United States is Hass for its firm texture and balanced oil flavors. It's perfect for making guacamole. Additionally, there are reports from the avocado industry that the month that surpasses all others for avocado consumption is January. Why? Super Bowl finger foods like chips and salsa with guacamole have a lot to do with it.

The red pepper stuffed avocado and goat cheese recipe is a quick and delicious dish that is a perfect appetizer or side dish but can be used as the main dish as well. You can certainly roast your red peppers on the grill, but you can also save time by buying them at most grocery stores. They're usually found in clear glass containers. Use ripe avocados – the way to know is by the skin color. It should be dark, and the fruit should give way to gentle pressure.

Given that the Super Bowl is coming up soon, you can even mix the avocado and goat cheese and put it in a bowl with a bag of chips for a great twist to the traditional chips and guacamole. I'll be trying this out for the game. Enjoy and Happy New Year!



### Roasted Red Pepper Stuffed with Avocado Goat Cheese

- INGREDIENTS:
- 2 ripe Hass avocados
  - 2 to 3 roasted red peppers
  - Goat cheese; about 11 ounces

- Salt and pepper, to taste.
- 1 tablespoon parsley
- 1 tablespoon dill weed
- 1 lime



Plate and garnish with some extra parsley. It's time to eat!